

Fall 2022

Quarterly Activity Guide

**Frederick County Senior Services Division
offers programs for ages 50+
to help maintain wellness and independence.**

**fitness classes
enrichment programs
social opportunities
special events**

**Programs are offered virtually and
in-person through the 50+ Community Centers.**

Registration opens at 9:00 a.m. on Monday, September 19, 2022

September is National Senior Center month, and what better time to share the theme;
Strengthen Community Connections!

Frederick County 50+ Community Centers will be doing just that as they introduce the Fall Quarter program opportunities this month. Older adults will renew friendships and meet new people as they engage with peers, instructors, leaders, and organizations in a variety of opportunities.

We continue to offer in-person, hybrid, and virtual programs. In order to assure a safe and healthy environment, programs will continue to limit seating capacity. While masks are optional, we strongly encourage participants to consider wearing one while indoors. We also encourage participants to stay home if they have cold and flu symptoms such as cough, fever, runny nose or diarrhea to decrease the risk of illness for others.

All senior centers will offer opportunities for in-person fitness classes with instructors, as well as hybrid classes allowing participants to join the virtual classes from their preferred center. For those who choose to connect from home, we continue to offer at least two fitness options each day through the Virtual Senior Center. Program fees will apply whether virtual, virtual hybrid, or in-person. Scholarships for Fitness Programs are available for qualified participants. Please submit scholarship applications at least 10 days prior to the start of classes, in order to allow time for processing.

In addition to fitness, check out the variety of opportunities for Health, Creative Arts, Resources, virtual Field Trips and other Education this fall!

See You at the Centers this Fall!

Kitty Devilbiss
Home & Community Connections Director

Connecting with Others

film club, book clubs, knitting groups,
discussion groups, game time

Being Creative

crafts, drawing, writing, cooking, singing

Staying Healthy

health and wellness programs,
nutrition presentations, support groups,
Groceries for Seniors

Resources: Be Informed

Resource Directory, Caregiver, Medicare,
Maryland Access Point (MAP)

Virtual Field Trips

National Parks, museums

Expanding Your Horizons

speakers, history programs, workshops

Staying Fit

strength training, yoga, Zumba, line dance,
Tai Chi, Pickleball, bocce

Table of Contents	Page
Seniors in the Parks Special Events	3
Connecting with Others	4
Being Creative	5-6
Staying Healthy	7
Resources: Be Informed	8-9
Virtual Field Trips	9
Expanding Your Horizons	10
In-Person Fitness Classes	11-12
Virtual Fitness Classes	13-14
Free Fitness Classes	15
Meet the Fitness Instructors	16
Policies & Procedures	17-18
Contact Us	18
Registration Information	19
Registration Forms	20-21
You must pre-register for all programs.	

Seniors in the Park

Join us each month for a day at the park!

Pre-registration is required. Walk-ins will not be accommodated.

To register send us an email or call one of the centers.

Registration closes one week before each event.

Eligibility: Anyone who is a registered participant of any Frederick County Senior Services Division program or FCSSD Senior Center participant is eligible. If you are not a registered participant, you must complete a "Participant Information Form" at the time of registration.

Activities are subject to change.



Autumn on the Farm

Friday, October 7, 10:00 a.m.-2:00 p.m.

Gaver Farm, Mt. Airy

- Socialize with Friends
- Enjoy the Fall Fun Festival
- Take a Hay Ride
- Visit the Farm Market
- Free Lunch for those 60+

Select at time of registration: hot dog, ham sandwich, or mac 'n cheese



Thanksgiving Drive-Thru

Friday, November 4, meal pick-up 11:45 a.m.-1:00 p.m.

Urbana District Park, Shelter #3, Urbana

- Drive-Thru Pick-Up Meal
- Menu: Rosemary Chicken, Mashed Potatoes, Green Beans, Dessert
Prepared by Atlantic Grille
- Stretch 'n Stroll the Park @ 11:00 a.m. (1 mile loop - meet at shelter #3)
- The shelter will be open if you'd like to enjoy your lunch with friends



Holidays at the Museum

Friday, December 9, 10:00 a.m.-2:00 p.m.

Rose Hill Manor Park and Museums, Frederick

- Socialize with Friends
- Explore the Park
- Tour the Manor House
- Make Period Crafts
- Explore the Carriage Museum
- Visit the Blacksmith Shop
- Learn about the History of the Park
- Free Box Lunch for those 60+ (selection made at park)

Connecting with Others

All programs require advanced registration

Bingo

Spend the afternoon playing with your friends.

Brunswick Free, pre-register
Thursdays, 11:00 a.m.-12:30 p.m.

Book Clubs

Read the book and join the discussion.

Book selections will be emailed to participants after registration.

Bookshelf Book Club

Virtual Free, pre-register
1st Monday, 2:30-3:30 p.m.



Good Stories Book Club

Frederick & Virtual Free, pre-register
2nd Thursday, 2:30-3:30 p.m.

Bridge

This is a social bridge group. Come join the fun!

Urbana Free, pre-register
Mondays, 1:00-3:30 p.m.

Film Club

Do you like movies? Watch the film at home and then join the discussion. Film selections will be emailed to participants after registration.

Frederick & Virtual Free, pre-register
Mondays, 9:00 a.m. Movie shown @ FSC
11:00 a.m.-Noon Discussion @ FSC @ VSC



Good News Only!

This discussion centers on incorporating positivity into your daily life.

Virtual Free, pre-register
1st Wednesday, 12:30-1:30 p.m.

Introduction to Bridge

Learn the basics of bridge in this 6-week class. If you have always wanted to learn bridge, now is your opportunity. Learn the basics including: language of the game, bidding, and playing.

Urbana Free, Pre-register
Thursdays starting Oct. 6, 10:00 a.m.-Noon
(no class Oct. 27)
Instructor: Felix Killar, Jr

Game Time

Get together with your friends for some fun and laughter while playing cards and board games.

Brunswick Free, pre-register
Tuesdays, cards: 11:00 a.m.-12:30 p.m.
Tuesdays, games: 1:00 p.m.-3:00 p.m.
Wednesdays, 5:00-7:00 p.m.



Frederick Free, pre-register
Tuesdays, 1:00-3:00 p.m.
Wednesdays, 1:00-3:00 p.m.

Emmitsburg Free, pre-register
Mondays, 10:00 a.m.-1:00 p.m.
Tuesdays, 10:00 a.m.-1:00 p.m.
Wednesdays, 10:00 a.m.-1:00 p.m.
Thursdays, 10:00 a.m.-1:00 p.m.



Urbana Free, pre-register
Mondays, 11:30 a.m.-1:00 p.m.
Tuesdays, 11:30 a.m.-1:00 p.m.
Wednesdays, 1:00-3:30 p.m.
Thursdays, 1:00-3:30 p.m.

TED Talk

Watch a short video and join the discussion. Link to talks emailed weekly.

Frederick & Virtual Free, pre-register
Tuesdays, 11:00 a.m.-Noon



Tech Talk

This group discusses various contemporary technology topics. This is not a help session. Led by Harvey Lettofsky.

Frederick Free, pre-register
3rd Wednesday, 10:00-11:00 a.m.

Tuesday Nights with Susan

Join us for some lively fun...and lots of laughter!

Virtual Free, pre-register
Fun & Games: 1st Tuesday, 7:00-8:00 p.m.
Six Word Stories: 2nd Tuesday, 7:00-8:00 p.m.
Science Hour: 3rd Tuesday, 7:00-8:00 p.m.
Coloring: 4th Tuesday, 7:00-8:00 p.m.



Being Creative

All programs require advanced registration

Golden Tones Chorus

Do you like to sing? The Golden Tones repertoire includes show tunes, popular standards and familiar tunes that audiences remember from past years.

Join us in the exuberance of song. Periodically, performance opportunities may be arranged.

Frederick \$50, pre-register (Oct-Dec)

Mondays, 2:00-3:30 p.m.



Writing Family History II

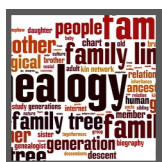
This class is for participants who have taken Writing Family History I.

Writing prompts are provided and participants will be asked to read periodically in the group setting.

Led by Dara

Virtual Free, pre-register

Wednesdays, 10:30-11:30 a.m.



Fall Watercolor Class

Just starting out?

Need a refresher on the basics?

Explore watercolor using the beautiful color palette of autumn. Enjoy a relaxing creative experience.

Previous students welcome.

Instructor: Jeanne McDermott

Frederick \$40, pre-register (4-weeks)

Mondays, starting Oct. 10, 10:00-Noon



Sewing Workshop:

Winter-themed Pillowcase

Come sew a charming winter/holiday themed pillowcase to give as a gift or enjoy for yourself. This project is suitable for beginners although you must be comfortable operating a sewing machine.

We recommend bringing your own machine that you are already familiar with if possible. You may use our fabric and machines or bring your own.

Instructors: Carol Wright & Kathy McLaughlin

Frederick \$5, pre-register

Monday, Nov. 14, 10:00-11:30 a.m.



Basic Drawing Workshop

We will use contour line to create flat shapes forming a composition. Learn by drawing with various pencils to create volume and texture. This is an introduction to basic drawing skills program.

Instructor: Dorothea Barrick

Emmitsburg \$10, pre-register

Wednesday, Oct. 12, 10:00 a.m.-Noon

Stained Glass Workshop

In this workshop, you will be guided step-by-step through the stained glass process. Learn how to make a pattern, cut glass, foil, and solder to make a festive holly suncatcher! Box lunch is included.

Instructor: Bob Galandak

Emmitsburg \$40, pre-register (2-weeks)

Monday, Nov. 7 & 14, 10:00 a.m.-3:00 p.m.



Fall Food & Flowers

Join Dara for a fall cooking demo. We'll be making a beautiful Apple Cake that is perfect for brunch or dessert. Joining us will be the Tasker Chance Garden Club.

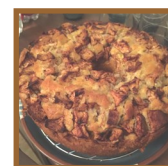
Take home a simple fall flower table arrangement.

FSC is not an allergen free environment.

Sample at your own risk.

Frederick Free, pre-register

Tuesday, Oct. 18, 2:30 p.m.



Friendsgiving Cook-Along

Join Thu for a pre-holiday cooking demo. We'll be making a **Lentil-Stuffed**

Acorn Squash with a **Hot-Spiced Apple Cider** that will be sure to leave you feeling warm and holiday-cozy! You may watch or cook along for a yummy dinner. Ingredient list will be provided in advance. This is a virtual program.

Led by: Thu Huynh, MDA, RD, LDN,

Giant dietitian, nutritionist

Virtual, Frederick, Urbana Free, pre-register

Thursday, Nov. 17, 3:15-4:15 p.m.

Registration information
See pages 17-19

Being Creative

All programs require advanced registration

Open Memory Lab

Convert your photos and analog home videos to digital formats you can share and enjoy today! Formats accepted: mini DV tapes, VHS tapes, VHS-C tapes, photos, slides, and negatives. Bring a flash drive or other device to save your files. This program is being hosted in conjunction with the Urbana Regional Library. This project was made possible in part by the Institute of Museum and Library Services and the MD State Department of Education. Lab volunteers will be available to help.

Urbana Free, Drop-in

Tuesday, October 11, 10:00 a.m.-4:00 p.m.

Stitching Post: Knit/Crochet Groups

Come knit, crochet, or just talk. This is a time to socialize while being creative.

Brunswick Free, pre-register

Thursdays, 1:00-3:00 p.m.

Urbana & Virtual Free, pre-register

Thursdays, 10:30 a.m.-Noon



Untangled: A Yarn Arts Group

Are you a knitter? Love to crochet? Cross-stitch or embroidery your thing? All fiber/yarn arts welcome. Bring your project or use our supplies.

Frederick Free, pre-register

Tuesdays, 10:00 a.m.-Noon



Quilting

This is a time to socialize while working on projects. The center has sewing machines and some quilting supplies.

Frederick Free, pre-register

Thursdays, 9:30 a.m.-Noon

Kitchen Kapers @ VSC

Live from Cathy's personal kitchen!

Virtual Free, pre-register

Bacon Corn Chowder:

Wed, Oct. 26, 1:45 p.m.

Bisquick Bits & Two-Layer Pumpkin Pie:

Wed., Nov. 16, 1:45 p.m.

Chocolate Cookie Bars & Cranberry Muffins:

Wed, Dec. 21, 1:45 p.m.



Drawing Class

Each session there will be a drawing prompt with step-by-step instruction. This class is for all skill levels. *Led by Urbana High School students*

Virtual Free, pre-register

Tuesdays, 3:30-4:30 p.m.



Craft & Conversation @ VSC

Make a craft while socializing with friends.

A supply list will be emailed to you once we receive your registration.

Virtual Free, pre-register

Garden Ghost & Fall Jar: Wed, Oct. 5, 1:45 p.m.

Holiday Cards & Coaster: Wed, Nov. 30, 1:45 p.m.

Holiday Chalk Board: Wed., Dec. 14, 1:45 p.m.

Crafts & Conversation @ ESC @ USC

Make a craft while socializing with friends.

All supplies will be provided.

Emmitsburg Free, pre-register

Bead Pumpkin: Thurs, Oct. 13, 1:00 p.m.

Pinecone Turkey: Thurs, Nov. 10, 1:00 p.m.

Cork Ornaments: Thurs, Dec. 8, 1:00 p.m.

Urbana Free, pre-register

Beaded Bookmark: Tues. Nov. 29, 1:30 p.m.

Paper Mosaics: Tues. Dec. 27, 1:30 p.m.

Salt Painting: Wed. Dec. 28, 1:30 p.m.



Coloring & Crafts @ BSC

Make a craft or color while socializing with friends.

All supplies will be provided.

Brunswick Free, pre-register

Wednesdays, 1:00-2:30 p.m.

Computer Labs

Each center has computers available for you to use. Limited usage time. Tech help is NOT available.

Emmitsburg Free, drop-in

Monday-Wednesday, 1:00-2:00 p.m.

Frederick Center Free, drop-in

Monday-Thursday, 9:00 a.m.-3:30 p.m.

Urbana Center Free, drop-in

Monday-Thursday, 9:30-10:30 a.m.



Staying Healthy

All programs require advanced registration

Nutrition Giant® Plant-Based Eating!

No matter your nutrition goals, adding plant-based foods to your diet is a great way to improve long-term health and maintain a healthy weight. Whether you are curious about vegetarian and vegan eating, or simply want to know how to increase your intake of plant-based foods, this lively discussion will provide useful answers and strategies that will get you moving in the right direction. This is a virtual presentation.

Presenter: Thu Huynh, MDA, RD, LDN,
Dietitian Nutritionist, Giant Food
Virtual, Frederick, Urbana Free, pre-register
Wednesday, Dec. 14, 9:00-10:00 a.m.

Blood Pressure Checks

Frederick County Fire and Rescue will provide free, monthly blood pressure checks at each center. **Drop-in!**

Brunswick 1st Tuesday, 10:00 a.m.
Emmitsburg 2nd Wednesday, 10:00 a.m.
Frederick 2nd Tuesday, 8:30 a.m.
Urbana 2nd Thursday, 10:00 a.m.



Fresh Conversations

Discuss current nutrition and health topics, learn about low-cost, healthy recipes, and discover new ways to stay active and independent. Learn tips on how to make easy changes to help you manage diet-related health conditions. Get motivated to eat healthier and get more physically active.

Presenter: Joi Foss Vogin, Family and Consumer Sciences Agent, University of Maryland Extension

Urbana Free, pre-register (6-part series)
Tuesdays, 10:00-11:00 a.m.
Oct. 11, Nov. 1, Nov. 29, Dec. 20, Jan. 17, Feb. 14

Frederick Free, pre-register (6-part series)
Thursdays, 10:00-11:00 a.m.
Oct. 13, Nov. 3, Dec. 1, Dec. 22, Jan. 19, Feb. 16

Attend one or more weeks (see dates above)

- Wk. 1: The Battle of Carbohydrates
- Wk. 2: Your Mouth is your Body's Mirror
- Wk. 3: What's Trending in the Nutrition World?
- Wk. 4: Diet, Exercise, and Sleep
- Wk. 5: "Sunshine" vitamin & Depression
- Wk. 6: Cooking for 1 or 2



General Grief Support Groups

These groups are designed to provide support to individuals who have experienced the death of a loved one. Being with individuals who have had similar experiences and feelings allows sharing and healing to take place, and these groups provide a safe place where group members can share their story and express their grief.

Emmitsburg Free, pre-register (8-weeks)
Tuesdays, starting Oct. 4, 2:30-4:00 p.m.
Facilitator: Allyson Gaffigan, LMSW,
Bereavement Coordinator Frederick Health
Hospice

Urbana Free, pre-register (7-weeks)
Wednesdays, starting Oct. 5, 10:00-11:30 a.m.
Facilitator: Trish Bowers, LCPC, Bereavement
Coordinator, Frederick Health Hospice Staff

Groceries for Seniors

A monthly free distribution of seasonal produce,
canned goods, shelf stable products

3rd Friday of Every Month
Noon - until all food is distributed

Drive-Thru and Walk-up
Frederick Senior Center
1440 Taney Avenue, Frederick, MD

www.FrederickCountyMD.gov/SeniorServices
or 301.600.3523 for information

All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate. Please bring a photo ID to register the first time.

Seniors without transportation may be eligible for free delivery. Call 301-600-6008 for details.



Resources: Be Informed

All programs require advanced registration

The Resource and Service Navigation team, part of the Frederick County Senior Services Division, develops and administers programs and activities that support older adults and adults with disabilities.

This team includes Caregiver Support, Maryland Access Point (MAP), and the State Health Insurance Assistance Program (SHIP).

State Health Insurance Assistance Program (SHIP)

Trained SHIP staff help Medicare beneficiaries, family members and caregivers understand Medicare benefits, bills, and Medicare rights.



New to Medicare Workshops

Are you new to Medicare, or will be soon?

Join us for an overview of Medicare.

These are 90 minute workshops.

Virtual Free, pre-register

Wednesday, Oct. 12, 10:00-11:30 a.m.

Thursday, Nov. 17, 1:00-2:30 p.m.

Tuesday, Dec. 13, 9:00-10:30 a.m.

Medigap/Supplemental vs Advantage Plans

Come learn more about these different types of Medicare programs to help determine which type of program may be the best for you.

Virtual Free, pre-register

Thursday, Oct. 13, 1:00-2:00 p.m.

Wednesday, Nov. 30, 10:00-11:00 a.m.

DIY Open Enrollment Medicare Part D

Open Enrollment is a time to review your Medicare Part D plan to ensure it is right for you. Attend one of these virtual workshops to learn how to complete this review on your own.

Virtual Free, pre-register

Wednesday, Oct. 19, 9:00-10:00 a.m.

Thursday, Oct. 27, 1:00-2:00 p.m.

Saturday, Nov. 5, 11:00 a.m.-Noon

Wednesday, Nov. 9, 3:00-4:00 p.m.

Wednesday, Nov. 16, 6:00-7:00 p.m.

Monday, Nov. 21, 10:00-11:00 a.m.

Tuesday, Nov. 29, Noon-1:00 p.m.



You may view these SHIP and MAP programs at the senior centers. Please contact your center for details.

Maryland Access Point (MAP)

Maryland Access Point of Frederick County (MAP) is a trusted source of information and assistance for Frederick County residents who need or want to plan for their immediate and future needs. MAP serves adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers, and health or business professionals.

Maryland Brain Injury Institute

Because every brain is different, every brain injury is different, and every brain injury recovery is different. Most individuals and families dealing with brain injuries have many more questions than answers. Learn more about brain injury, and discover new treatments and solutions.

Virtual Free, pre-register

Tuesday, Oct. 11, 10:00-11:00 a.m.

Assistive Technology

Maryland TAP provides statewide access to assistive technology (AT) through equipment demonstrations, loans, reuse, financing, and training. Discover what "tools" can help you live a better life!

This is a virtual program.

Virtual Free, pre-register

Tuesday, Nov. 15, 2:00-3:00 p.m.

MAP 101

Come learn more about Maryland Access Point, including Level One screenings.

Virtual Free, pre-register

Wednesday, Dec. 14, 1:00-2:00 p.m.

Resource Directory (Blue Book)

The Senior Services Division publishes a resource guide for older adults, persons with disabilities, families, caregivers, baby boomers, and professionals.

An electronic copy is available on our website:

www.FrederickCountyMd.gov/Senior_Services



Resources: Be Informed

All programs require advanced registration

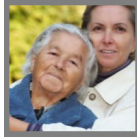
Caregiver Support Program

The National Family Caregiver Support Program provides support programs to meet the needs of caregivers.

Caregiving 101

Come learn about all the programs, services, and supports available to you as a caregiver.

Virtual Free, pre-register
Tuesday, Oct. 18, 2:00-3:00 p.m.



Caregiving Through the Holidays

Discover new ways to cope with holiday overload so that you can leave room for what really matters to you and your loved ones during the season.

Virtual Free, pre-register
Thursday, Dec. 1, 1:00-2:00 p.m.

Improv for Wellness: For Caregivers and Their Loved Ones

Using our bodies, our voices, and our imaginations, we will play a series of games where the magic word is "yes!" and the only rule is "go with it!". We will deepen connections through mirror games using movement and gesture; explore expression through games of motion and sound; and discover how playing together unleashes our own spontaneity and intuition. Most of all, we will have fun.

Frederick Center \$30 per couple, pre-register
Tuesdays, starting Oct. 4, 4-weeks, 10:30-11:30 a.m.

Dementia Live Training

Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Caregivers, professionals, and individuals will better understand the hardships and confusion that occurs for a person with dementia. These in-person trainings are open to the public. Choose one of four trainings.

Free, pre-register
Tuesday, Oct. 11, 4:00 p.m.
Monday, Nov. 14, 1:00 p.m.
Tuesday, Dec. 13, 4:00 p.m.

To register email:

DementiaFriendlyFrederick@FrederickCountyMD.gov

Virtual Field Trips

All programs require advanced registration

A Wonderland of Rocks: Southeast Arizona National Parks

Come explore the unique rock formations of Chiricahua National Monument! Learn about Chiricahua's natural and cultural history. This is a virtual program.

Presenter: National Park Service Ranger
Virtual, Emmitsburg, Frederick & Urbana
Free, pre-register
Wednesday, Oct. 12, 2:00-3:00 p.m.



Omaha's World's Fair

What do Paris, Chicago, and London have in common with Omaha, Nebraska? They all hosted huge expositions many years ago that brought millions of visitors and put their cities "on the map". Join us for a tour of a model, photographs, and artifacts from the Trans-Mississippi & International Exposition (a.k.a. Omaha's "World's Fair"). The Durham Museum, Omaha, NE, is affiliated with the Smithsonian Institution and has strong ties with the Library of Congress, National Archives, and the Field Museum. This is a virtual program.

Presenter: Staff, The Durham Museum
Virtual, Frederick & Urbana Free, pre-register
Tuesday, Oct. 25, 2:00-2:30 p.m.



The Ancestral Sonoran Desert People: Casa Grande Ruins National Monument (optional drawing activity included)

For over a thousand years, the Ancestral Sonoran Desert People called the desert their home. During this program, we will be introduced to the culture, daily life, and survival of the ancestral people. Learn how the National Park Service helps protect Casa Grande Ruins for future generations.

This is a virtual program.

Optional Drawing Activity: If you wish to participate in a drawing activity with the park ranger, please have pencil and white paper.

Presenter: National Park Service Ranger
Virtual, Frederick & Urbana Free, pre-register
Wednesday, Dec. 7, 3:00-4:00 p.m.



Expanding Your Horizons

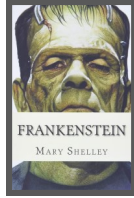
All programs require advanced registration

Frankenstein

Over 200 years ago, a 20-year-old Mary Shelley anonymously published a story that introduced one of the western world's most iconic monsters: *Frankenstein*. This class will explore themes of ambition, pride and more to reveal how this legendary tale and creature have withstood the test of time. No prior reading/watching required. This is a virtual program. Instructor: Kierstin Klimas

(*In partnership with the Institute for Learning in Retirement at Frederick Community College; underwritten by Shirley Cruickshank Wolfe bequest)

Virtual *Free, pre-register (3-weeks)
Mondays, starting Oct. 10, 6:15-7:30 p.m.



Why Do We Do the Things We Do?

Ever wonder why we do the things we do? Explore the fascinating psychology of our own and others' actions and reactions. We'll discuss conformity and compliance. Why do people go along with the crowd? What happens when attitudes and behaviors are at odds? How does aggression or prejudice factor in? What leads to altruism? Explore the complex world of human behavior.

Instructor: Barbara Angleberger, MA in Counseling Psychology

Frederick & Virtual \$20, pre-register (4-weeks)
Wednesdays, starting Oct. 19, 1:30-3:00 p.m.



Solving the Enigma

Learn about the history of the German cipher machine, Enigma, and how it was solved by the Allies. This is a virtual program.

Presenter: Jennifer Wilcox, Director of Education, National Cryptologic Museum
Virtual, Frederick & Urbana

Free, Pre-register
Tuesday, Oct. 4, 2:00-3:00 p.m.



Talking in Code

Explore the history of the Native American Code Talkers from both World Wars. This is a virtual program. Presenter: Jennifer Wilcox, Director of Education, National Cryptologic Museum

Virtual & Urbana Free, pre-register
Thursday, Nov. 17, 2:00-3:00 p.m.

Maryland Legal Aid

Maryland Legal Aid offers free civil legal services to qualifying low-income individuals. Senior-focused programs provide advice regarding advance directives, wills, fraud prevention, and protecting your legal rights in assisted living facilities. MLA assists with areas of the law such as housing, public benefits, unemployment, criminal record expungement, bankruptcy, consumer law, and more.

Virtual, Urbana Free, pre-register
Thursday, Oct. 13, 2:30-3:30 p.m.



The National WWII Museum in New Orleans tells the story of the American experience in *the war that changed the world*.

The War That Changed Your World: Science & Technology in WWII

Today's televisions, computers and cell phones can all trace their origins to technological advancements realized during WWII. Learn about radar, rockets, jets, penicillin, blood plasma, computers, and the atomic bomb; and how these inventions continue to affect our lives. This is a virtual program.

Virtual, Frederick, Urbana \$5, pre-register
Thursday, Oct. 20, 2:30-3:30 p.m.

Don't You Know There's a War On?! The American Home Front

Explore rationing, scrapping, War Bonds, and war production through the eyes of this country's youth. Primary sources viewed include wartime newsreels, high school yearbooks, posters, photographs, and songs. This is a virtual program.

Virtual, Frederick, Urbana \$5, pre-register
Tuesday, Nov. 1, 2:30-3:30 p.m.

A Day of Infamy:

The Japanese Attack on Pearl Harbor

A "Day of Infamy" brought the United States into WWII, adding the strength and determination of the American people to the Allied arsenal as it struggled to defeat the Axis. Explore Japanese and American motivations and actions through animated maps and both Japanese and American primary sources.

Virtual, Frederick, Urbana \$5, pre-register
Tuesday, Dec. 6, 2:30-3:30 p.m.

Staying Fit: In-Person Fitness Classes Schedule and Descriptions

All programs require advanced registration

Chair Yoga

Instructor: Catherine Randazzo

Focus on stretching, flexibility, balance and a few targeted strength poses while seated. There will be opportunities to do some poses while standing and holding onto a chair. Modifications are offered to ensure that everyone can participate and benefit from the practice. The class style is relaxed, and filled with humor, support, and laughter.

Frederick \$30, pre-register

Mondays, 12:15-1:15 p.m.

Frederick \$30, pre-register

Thursdays, 11:00 a.m.-Noon

Floor Yoga

Instructor: Miyako Zeng

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures.

Modifications are offered.

Frederick \$30, pre-register

Mondays, 2:45-4:00 p.m.

Joy of Movement

Instructor: Nanette Tummers

Joy of Movement is a gentle full body program that weaves together Tai chi, yoga, and dynamic movement (Aging Backwards Essentrics). Improve your cardiovascular fitness, muscle strength, balance, focus, and joint mobility. Exercises can be done seated or standing with modifications for safety and accessibility for everyone.

Frederick \$30, pre-register

Mondays, 10:00-11:00 a.m.

Line Dance

Instructor: Mary Anne Williams

Improve your balance, get moving, and have fun!

This class includes a review of the basic steps.

Frederick \$30, pre-register

Thursdays, 1:00-2:00 p.m.

Square Dancing

Instructor: Robert Abdinoor

Experience the fun and camaraderie of square dance. Basic calls and simple dance patterns are taught and reviewed.

Frederick \$30, pre-register

Mondays, 1:30-2:30 p.m.

Meditation and Movement (M&M)

Instructor: Cain Yentzer

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension in the body through slow movement and deep breathing.

Emmitsburg \$30, pre-register

Tuesdays, Noon-12:50 p.m.

Urbana \$30, pre-register

Wednesdays, 11:00 a.m.-11:50 a.m.

Frederick \$30, pre-register

Wednesdays, 3:00-3:50 p.m.

Strength & Stretch

Instructor: Nanette Tummers @ Frederick

Join us for a strength & balance training, and gentle stretching class. Options for handheld weights, exercise bands, and being seated.

Frederick \$30, pre-register

Tuesdays, 9:00-10:00 a.m.

Frederick \$30, pre-register

Thursdays, 9:00-10:00 a.m.

Tai Chi Level 1

Instructor: Cain Yentzer

The program focuses on balance and flexibility using slow, rhythmic, and meditative body movements. It is designed to enhance relaxation and inner calm. You will be standing for the class.

Emmitsburg \$30, pre-register

Tuesdays, 1:00-2:00 p.m.

Urbana \$30, pre-register

Wednesdays, Noon-1:00 p.m.

Frederick \$30, pre-register

Wednesdays, 1:45-2:45 p.m.

Zumba Gold

Instructor: Mary Ellen Brady (Tues, both locations)

Instructor: Becca Kennedy (Wed)

Active cardio low impact dance moves and fun energizing music.

Frederick \$30, pre-register

Tuesdays, 1:30-2:30 p.m.

Brunswick \$30, pre-register

Tuesdays, 6:00-7:00 p.m.

Frederick \$30, pre-register

Wednesdays, 12:30-1:30 p.m.

Quarterly Fees for **In-Person** Fitness Classes

Registration opens Monday, September 19; Fees are not prorated for late starts/absences

In-Person Single Fitness Class - Good for one in-person only program for the quarter

\$30 per participant per program

Bonus!

If the class(es) you registered for are also offered through the Virtual Center (VSC), and we have your email address, you will also be sent the zoom link for the class(es) you have register for so you can join from home if you would like. Zoom links are sent the morning of the class.

Scholarship Information

Scholarships are available to help pay for fitness classes. For more information:

visit www.FrederickCountyMD.gov/Virtual50 or email SeniorServices@FrederickCountyMD.gov

Monday	Tuesday	Wednesday	Thursday	Friday
Fee-Based In-Person ONLY Classes instructor in-person at the location listed all-access virtual fitness pass is not valid for these classes				
Joy of Movement 10:00 @ FSC Chair Yoga 12:15 @ FSC Square Dance 1:30 @ FSC Floor Yoga 2:45 @ FSC	Strength & Stretch 9:00 @ FSC M&M Noon @ ESC Tai Chi Level 1 1:00 @ ESC Zumba Gold 1:30 @ FSC Zumba Gold 6:00 @ BSC	M&M 11:00 @ USC Tai Chi Level 1 Noon @ USC Zumba Gold 12:30 @ FSC Tai Chi Level 1 1:45 @ FSC M&M 3:00 @ FSC	Strength & Stretch 9:00 @ FSC Chair Yoga 11:00 @ FSC Line Dance 1:00 @ FSC	
@ BSC Brunswick	@ ESC Emmitsburg	@ FSC Frederick	@ USC Urbana	@ VSC Virtual



Staying Fit: Virtual Classes Schedule and Descriptions

All programs require advanced registration.

Note: If the program is listed as being at a center, the instructor will be virtual and the class will be a “hybrid” class broadcast on a large screen at the center.

Joy of Movement

Instructor: Nanette Tummers

Joy of Movement is a gentle full body program that weaves together Tai chi, yoga, and dynamic movement (Aging Backwards Essentrics). Improve your cardiovascular fitness, muscle strength, balance, focus, and joint mobility. Exercises can be done seated or standing with modifications for safety and accessibility for everyone.

Virtual All-Access Virtual Pass or \$30
Mondays, 10:00-11:00 a.m.

Line Dance

Instructor: Mary Anne Williams

Improve your balance, get moving, and have fun! This class includes a review of the basic steps.

Virtual All-Access Virtual Pass or \$30
Thursdays, 1:00-2:00 p.m.

Meditation and Movement (M&M)

Instructor: Cain Yentzer

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension through slow movement and deep breathing.

Virtual, Frederick All-Access Virtual Pass or \$30
Tuesdays, Noon-12:50 p.m.

Virtual All-Access Virtual Pass or \$30
Wednesdays, 3:00-3:50 p.m.

Strength & Stretch

Instructor: Nanette Tummers

Join us for a strength & balance training, and gentle stretching class. Options for handheld weights, exercise bands, and being seated.

Virtual, Brunswick All-Access Virtual Pass or \$30
Tuesdays, 9:00-10:00 a.m.

Virtual, Brunswick All-Access Virtual Pass or \$30
Thursdays, 9:00-10:00 a.m.

Zumba Gold

Instructor: Mary Ellen Brady (Tues & Fri)

Instructor: Becca Kennedy (Wed)

Active cardio low impact dance moves and fun energizing music.

Virtual All-Access Virtual Pass or \$30
Tuesdays, 1:30-2:30 p.m..

Virtual All-Access Virtual Pass or \$30
Wednesdays, 12:30-1:30 p.m.

Virtual All-Access Virtual Pass or \$30
Fridays, 9:15-10:15 a.m.

Chair Yoga

Instructor: Catherine Randazzo

Focus on stretching, flexibility, balance and a few targeted strength poses while seated. There will be opportunities to do some poses while standing and holding onto a chair. Modifications are offered to ensure that everyone can participate and benefit from the practice. The class style is relaxed, and filled with humor, support, and laughter.

Virtual & Urbana All-Access Virtual Pass or \$30
Mondays, 12:15-1:15 p.m.

Virtual All-Access Virtual Pass or \$30
Thursdays, 11:00 a.m.-Noon

Floor Yoga

Instructor: Miyako Zeng

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using held and moving postures. Modifications offered.

Virtual All-Access Virtual Pass or \$30
Mondays, 2:45-4:00 p.m.

Morning Flow Yoga

Instructor: Joana Bragg

Traditional & non-traditional yoga moves to energize & waken the body. These will include standing and sitting (on the floor) asanas (postures).

Virtual All-Access Virtual Pass or \$30
Tuesdays, 10:30-11:30 a.m.

Virtual All-Access Virtual Pass or \$30
Thursdays, 10:30-11:30 a.m.

Yin Yang Yoga

Instructor: Joana Bragg

Bring together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; work on the muscles and blood flow, building strength, stamina and flexibility.

Virtual All-Access Virtual Pass or \$30.00
Fridays, 10:30-11:30 a.m.

Yoga Nidra (yogic sleep)

Instructor: Joana Bragg

Yoga Nidra helps induce a conscious meditative state between waking and sleeping. The practice reduces stress and improves sleep. You may lay on the floor, bed, or recliner. Comfort is key.

Virtual All-Access Virtual Pass or \$10.00
2nd Wednesday (10/12, 11/9, 12/14) 7:00-8:00 p.m.

Quarterly Fees for **Virtual** Fitness Classes

Registration opens Monday, September 19; Fees are not prorated for late starts/absences

Option 1: All-Access Virtual Fitness Pass: \$60 per pass per participant

Good for all virtual fitness classes listed on page 13.

The All-Access Virtual Fitness Pass is **NOT** valid for any classes where the instructor is teaching in-person.

If you wish to attend a class where the instructor is teaching in-person please see pages 11-12.

Option 2: Single Fitness Class - Good for one virtual fitness program

\$30 per participant per program (Yoga Nidra: \$10 per participant)

Note: If program is listed as being at a center the instructor will be virtual and the class will be a “hybrid” class broadcast on a large screen at the center.

Scholarship Information

Scholarships are available to help pay for fitness classes. For more information:

visit www.FrederickCountyMD.gov/Virtual50 or email SeniorServices@FrederickCountyMD.gov

Monday	Tuesday	Wednesday	Thursday	Friday
Fee-Based Virtual Fitness Classes				
Joy of Movement 10:00 @ VSC Chair Yoga 12:15 @ VSC @ USC Floor Yoga 2:45 @ VSC	Strength & Stretch 9:00 @ VSC @ BSC Morning Flow Yoga 10:30 @ VSC M&M Noon @ VSC @ FSC Zumba Gold 1:30 @ VSC	Zumba Gold 12:30 @ VSC M&M 3:00 @ VSC Yoga Nidra (2nd Wed only) 7:00 @ VSC	Strength & Stretch 9:00 @ VSC @ BSC Morning Flow Yoga 10:30 @ VSC Chair Yoga 11:00 @ VSC Line Dance 1:00 @ VSC	Zumba Gold 9:15 @ VSC Yin Yang Yoga 10:30 @ VSC
@ BSC Brunswick	@ ESC Emmitsburg	@ FSC Frederick	@ USC Urbana	@ VSC Virtual

**Centers are closed so
all programs are canceled on these dates:**

Tuesday, Nov. 8 Friday, Nov. 25
 Friday, Nov. 11 Friday, Dec. 23
 Thursday, Nov. 24 Monday, Dec. 26



Free Fitness Classes Schedule and Descriptions

All programs require advanced registration

Exercise to Video

Exercises include stretching, strength, balance, mobility, and cardio exercises.

Emmitsburg Free, pre-register

Mondays, 10:00 a.m.

Tuesdays, 9:15 a.m.

Wednesdays, 9:15 a.m.

Thursdays, 9:15 a.m.

Urbana Free, pre-register

Low Intensity Exercise

Mondays, 10:30 a.m.

Tuesdays, 10:30 a.m.

Wednesdays, 10:30 a.m.

Thursdays, 10:30 a.m.

Urbana Free, pre-register

Moderate Intensity Exercise

Mondays, 9:15 a.m.

Tuesdays, 9:15 a.m.

Wednesdays, 9:15 a.m.

Thursdays, 9:15 a.m.

Baker Park Walk

Join us on Mondays for a walk around Baker Park.

“Skater House” at Culler Lake Free, pre-register

Mondays, 9:00 a.m.



Intro to Bocce

Learn to play Bocce, a fun “lawn bowling” outdoor activity. Basic instruction for 2 weeks. *Led by Jeannine Brewer*

Reserve additional court time 301-600-3525.

Frederick Free, pre-register (2-weeks)

Tuesdays, Oct. 11 & Oct. 18, 1:15 p.m.



Pickleball

Participants play for fun and exercise.

Loaner equipment is available.

Brunswick City Park Free, drop-in

Wednesdays, 10:00 a.m.

Saturdays, 10:00 a.m.



Emmitsburg Gym Free, drop-in

(no street shoes)

Wednesdays, 1:00-3:00 p.m.

Fridays, 12:30-2:30 p.m.

Urbana Community Park Free, drop-in

Mondays, 9:00-11:00 a.m.

Wii Sports

Play a variety of Wii games, including Wii Bowling!

Brunswick Free, pre-register

Wednesdays, 11:00-12:30 p.m.

Urbana Free, pre-register

Wednesdays, 1:30-3:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Free In-Person Classes & Programs				
Baker Park Walk 9:00 a.m. @ FSC Pickleball 9:00 @ USC Video Exercise 9:15 @ USC 10:00 @ ESC 10:30 @ USC	Bocce (Oct 11 & 18) 1:15 @ FSC Video Exercise 9:15 @ ESC @ USC 10:30 @ USC	Video Exercise 9:15 @ USC @ ESC 10:30 @ USC Pickleball 10:00 @ BSC 1:00 @ ESC Wii Sports 11:00 @ BSC 1:30 @ USC	Video Exercise 9:15 @ ESC @ USC 10:30 @ USC	Friday Pickleball 12:30 @ ESC Saturday Pickleball 10:00 @ BSC
@ BSC Brunswick	@ ESC Emmitsburg	@ FSC Frederick	@ USC Urbana	@ VSC Virtual

Staying Fit: Meet Our Fitness Instructors

Becca Kennedy

Zumba Gold - Wednesdays

Becca has been teaching Zumba for over 8 years, and she loves to teach Zumba Gold because she gets to dance with so many fun people! She also teaches Aqua Zumba and yoga, and she has her Group Fitness Instructor Certification from the Athletics and Fitness Association of America. Becca lives on a farm with her husband and her two daughters. She loves to sew and roller skate.

Cain Yentzer

Meditation & Movement (M&M)

Tai Chi Level 1

Cain is an expert in the science and practice of Tai-Chi. He has spent decades trying to perfect and spread the art of Tai-Chi both in the West and Far-East. He enjoys seeing how Tai-Chi benefits his students' lives.

Catherine Randazzo

Chair Yoga

Catherine Randazzo is a certified yoga instructor and has been teaching since 2013. Her goal is for each person to leave class feeling better than when each person arrived.

Joana Bragg

Morning Flow Yoga, Yin Yang Yoga, Yoga Nidra

Joana is a registered yoga teacher, having completed 200 hour yoga teacher training, a mom, a wife and a volunteer. She teaches in a light-hearted style in settings suited for all abilities. Joana focuses on proper alignment, accessibility, and fun; offering modifications and use of props. Her classes are an adventure!

Mary Ellen Brady

Zumba Gold - Tuesdays and Fridays

Mary Ellen is a Zumba Gold instructor and has been teaching fitness since retiring in 2016. Mary Ellen teaches Zumba, Zumba Tone, Zumba Gold Tone, and Aqua Zumba for the swimming enthusiast. Mary Ellen enjoys teaching her Gold classes because the participants are enthusiastic. The classes are geared to the mature dancer as well as those recovering from an injury or with physical limitations. She resides in Middletown with her husband and her son. Her daughter lives in Chicago.

Miyako Zeng

Floor Yoga

Miyako started yoga 28 years ago and became yoga instructor in 2013. In her class, the participants will gain flexibility and build strength. Experience the joy, and the wonder of yoga with Miyako!

Nanette Tummers

Strength & Stretch Joy of Movement

Dr. Nanette Tummers has been inspired to teach, study, present, research and practice physical activity for over 40 years especially for the Active Aging community. She is passionate about the gifts of lifelong activity and has served many populations including the recovery community, at risk adolescents, Veterans and adults. Nanette has a doctorate in Kinesiology and Health Promotion and is Professor Emeritus at Eastern Connecticut State University. She is a holistic stress management instructor and an expert in health behavior change and mindfulness. Nanette is an Essentrics Level 2, EnerChi and Yoga Instructor.

Mary Anne Williams

Line Dance

Mary Anne shares her joy in dancing during her weekly line dance classes. Her background as an elementary school teacher gives her the love of teaching and sharing.

Robert Abdinoor

Square Dance

A long time Square Dancer, Robert started taking formal square dance caller classes in 2016. He led his first square dance activity for the FSC in the fall of 2017. His mantra is: "Give me 8 able-bodied folks; a decent dance floor; and in 15 minutes, I will have them having the most FUN of their lives." Won't you come join us? Your body, mind and spirit will thank you.



Email us:

VirtualSeniorCenter@FrederickCountyMD.gov

In-Person Participation Policies and Procedures

50+ Centers are open for participants choosing to access in-person classes, activities, and services

Mask Guidance

1. Masks are not required, but is strongly encouraged for all individuals while indoors at any senior center.
2. Disposable masks are available upon request at all centers.

Registration

1. Participants must pre-register for classes, activities, and other services.
2. Please refer to the “Registration Information” on page 19
3. Registration for in-person attendance may be limited based on available space.

Hours and Schedule of Programs and Activities

1. The Virtual 50+ Center will continue to offer programs Monday through Friday.
2. Each center will post hours of operation for scheduled programs.
3. Fridays will be exclusively Virtual programs along with periodic special event programs.
4. All centers, including the VSC, may be closed on advertised days/dates for the purpose of special events and outdoor programs.
5. All activities/programs will be listed on one monthly calendar and in the quarterly guide.
6. In-person programs may be postponed or canceled without notice.

While at the Center

1. Participants are responsible for securing their own transportation to/from the center for activities.
2. Centers are not able to accommodate participants who want to socialize or spend extended periods of time in the facility.
3. Participants may provide their own beverages and snacks as appropriate. Centers are not able to provide or accommodate shared snacks, food, or beverages at this time.
4. Beverages should be in a lidded container. Please report spills to center supervisor immediately.
5. All existing senior center policies and procedures remain in effect. Any discrepancies will be reviewed and revised by Senior Services Division management team.

Hybrid Programs (simultaneously in-person and virtual)

1. Opportunities may be available for participants to view/participate in our Virtual programs on a large screen at one or more of the 50+ centers. These hybrid programs will be listed on the monthly calendar of activities. All fees and VSC registrations are still applicable.
2. If a program is not offered at your local center, please discuss with the center supervisor. It may be possible to add the hybrid option.

Attendance and Fees

1. Fees must be paid in full to complete registration.
2. Fees are not prorated for late registration.
3. There are no refunds for absences or cancellations for fee-based in-person, hybrid or virtual programs if a participant is unable to attend due to health, weather, postponement, cancellation or other causes.

Policies and Procedures for all Programs

New Participant Information Form

If you have never participated in a program at one of the Frederick County Senior Centers or with the Virtual 50+ Center, you will need to complete a [Participant Information Form](#). You may complete and submit this form online. This is a requirement to participate in the programs. You can find this form on our website www.FrederickCountyMD.gov/Virtual50 under the “First Time Participants” tab.

Waiver of Liability

By joining these Virtual 50+ Community Center programs, including fitness programs, you acknowledge that there are inherent risks and dangers associated with Frederick County Senior Services Division programs and therefore, you hold Frederick County Government harmless from all claims for injuries, damage, or loss that may result from your participation in these programs.

You agree to uphold your consent to participate as acknowledged by your signature/electronic submission of your Frederick County Senior Services Division Participant Information Form and as outlined in the [Senior Center Guidelines, Policies & Procedures](#).

Authorization for use of Photographic Likeness

By submitting your registration you are agreeing to allow Frederick County Senior Services Division and any of the virtual field trip destinations to take and utilize photos, slides, and video images for the purpose of promotion and publicizing of the Division’s programs, facilities, and/or events.

Additional information regarding Virtual Center Programs (VSC)

These live virtual programs/classes are taught using Zoom. If you need information on accessing Zoom please email us: VirtualSeniorCenter@FrederickCountyMD.gov
Please ask for help at least two business days prior to the program.
We will not be able to provide technical assistance during the programs.

Internet Connectivity

We will not be able to accommodate anyone who is experiencing internet connectivity issues during a class or field trip; nor will we be able to issue a refund due to poor connectivity.

Accessing the Virtual Programs by Phone

If you do not have internet access, you may still access some of our programs using your phone. Please call one for the 50+ Centers for more information.

Contact Us

Brunswick Center (BSC)
Cathy Barnes, Supervisor
12 E. A Street, Brunswick, MD 21716
301-834-8115

Emmitsburg Center (ESC)
Caitlyn Kirby, Supervisor
300 S. Seton Ave., Emmitsburg, MD 21727
301-600-6350

Frederick Center (FSC)
Dara Markowitz, Supervisor
1440 Taney Ave., Frederick, MD 21702
301-600-3525

Urbana Center (USC)
Susan Hofstra, Supervisor
9020 Amelung St., Urbana, MD 21704
301-600-7020

Virtual Center
VirtualSeniorCenter@FrederickCountyMD.gov

Registration Information

Registration opens at 9:00 a.m. on Monday, September 19

► Free Programs

Registration must be received at least two business days before program.

Email: VirtualSeniorCenter@FrederickCountyMD.gov or

Call one of the centers (you may need to leave a message)

Be sure to include:

Your Name, Email Address (required, if you are registering for a virtual program)

Phone Number, Names, Dates & Locations of Classes/Programs you want to attend

Confirmation

Once we receive your registration, we will contact you with more details about the programs.

Your registration is not complete until you hear from us!

► Programs with a Fee

Registration must be received by the “Registration closes” date.

If there isn’t a date listed registration must be received least two business days before program.

Payment must be included with registration (credit card or check).

Payment is non-refundable.

Credit/Debit Card: Online

Pay via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

- Once on the website, located the “Category” boxes on the left side.
- Click on the button for “50+ Community Programs”
- Then click on the program you want and add the selected program to your shopping cart

Check: Drop-Off (we recommend that you only mail a check if absolutely necessary)

- Make check payable to “Frederick County Treasurer”
- Complete the registration form on pages 20-21.
Include: Your Name, Email Address, Phone Number, and
the Names, Dates, & Locations of Classes/Programs You Want to Take
- Place the addressed envelope containing the *Check & Registration Information* in the lock box
at the Senior Services Division (box is located to the left of the accessible entrance door)
Frederick County Senior Services Division
Attn: 50+ Centers, 1440 Taney Avenue, Frederick, MD 21702

Confirmation

Once we receive your registration, we will contact you with more details about the programs.

Your registration is not complete until you hear from us!

► Additional information regarding Virtual Hybrid Programs

- Instructors are virtual. Classes are broadcast on a large screen at the center.
- Space is limited for in-person participation. Priority will be given to participants who do not have internet access at home.
- When registering, please indicate if you wish to attend the program in-person.
You will be contacted regarding space availability since in-person attendance is limited.
- There are no refunds for absences or cancellations for fee-based virtual hybrid programs if a participant is unable to attend in-person at a senior center due to weather conditions, postponement, cancellation, or other causes.

50+ Community Centers • Fall 2022

VirtualSeniorCenter@FrederickCountyMD.gov

Paying with a Check Programs & Fitness Classes with a Fee

To pay by credit card visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>
To register for FREE programs please email us VirtualSeniorCenter@FrederickCountyMD.gov

Drop-off or mail to: Frederick County Senior Services Division, Attn: 50+ Programs
1440 Taney Avenue, Frederick, MD 21702

Name _____ Phone _____

Email Address _____

Mailing Address _____

Programs with a Fee	Date	Location (Circle one)	Price	Total
Golden Tones Chorus	Tues, 2:00-3:30	Frederick	\$50.00	
Fall Watercolor Class	Mon, Oct. 10 (4 wks), 10:00-Noon	Frederick	\$40.00	
Basic Drawing Workshop	Wed, Oct. 12, 10:00-Noon	Emmitsburg	\$10.00	
Stained Glass Workshop	Mon, Nov. 7 & 14, 10:00-3:00	Emmitsburg	\$40.00	
Sewing: Winter-themed Pillowcase	Mon, Nov. 14, 10:00-11:30	Frederick	\$5.00	
Thanksgiving Floral Arrangement	Wed, Nov. 16, 11:00 a.m.	Emmitsburg	\$5.00	
Improv for Wellness: For Caregivers & Their Loved Ones	Tues, Oct. 4 (4 wks), 10:30-11:30	Frederick	\$30.00	
Psychology: Why We Do the Things We Do?	Wed, Oct. 19 (4 wks), 1:30-3:00	Frederick Virtual	\$20.00	Post- poned
The War That Changed Your World Science & Technology in WWII	Thurs, Oct. 20, 2:30-3:30	Virtual Frederick Urbana	\$5.00	
Don't You Know There's a War On The American Home Front	Tues, Nov. 1, 2:30-3:30	Virtual Frederick Urbana	\$5.00	
A Day of Infamy: The Japanese Attack on Pearl Harbor	Tues, Dec. 6, 2:30-3:30	Virtual Frederick Urbana	\$5.00	
Make checks payable to "Frederick County Treasurer"				

50+ Community Centers • Fall 2022

VirtualSeniorCenter@FrederickCountyMD.gov

Paying with a Check for Fitness Classes with a Fee

To pay by credit card visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

Drop-off or mail to: Frederick County Senior Services Division, Attn: Virtual 50+Center
1440 Taney Avenue, Frederick, MD 21702

Name _____ Phone _____

Email Address _____

Mailing Address _____

Fitness Programs with a Fee	Date	Location	Price	Total
Virtual Fitness Classes: classes are via Zoom @ home and as *hybrid @ selected centers				
*All-Access Virtual Fitness Pass	October-December	Virtual & *Hybrid	\$60.00	
Single Virtual Fitness Class	List class name/day of week/location	Virtual & *Hybrid	\$30.00	
Virtual Yoga Nidra	2nd Wednesday, 7:00 p.m.	Virtual Only	\$10.00	
In-Person Only Fitness Classes: Attend in-person at center, Masks are strongly recommended All-Access Virtual Fitness Pass is not valid for these classes				
Chair Yoga	Mondays, 12:15 p.m.	Frederick	\$30.00	
Chair Yoga	Thursdays, 11:00 a.m.	Frederick	\$30.00	
Floor Yoga	Mondays, 2:45 p.m.	Frederick	\$30.00	
Joy of Movement	Mondays, 10:00 a.m.	Frederick	\$30.00	
Line Dance	Thursdays, 1:00 p.m.	Frederick	\$30.00	
Movement/Meditation	Tuesdays, Noon	Emmitsburg	\$30.00	
Movement/Meditation	Wednesdays, 11:00 a.m.	Urbana	\$30.00	
Movement/Meditation	Wednesdays, 3:00 p.m.	Frederick	\$30.00	
Strength & Stretch	Tuesdays, 9:00 a.m.	Frederick	\$30.00	
Strength & Stretch	Thursdays, 9:00 a.m.	Frederick	\$30.00	
Square Dance	Mondays, 1:30 p.m.	Frederick	\$30.00	
Tai Chi Level 1	Tuesdays, 1:00 p.m.	Emmitsburg	\$30.00	
Tai Chi Level 1	Wednesdays, Noon	Urbana	\$30.00	
Tai Chi Level 1	Wednesdays, 1:45 p.m.	Frederick	\$30.00	
Zumba Gold	Tuesdays, 12:30 p.m.	Frederick	\$30.00	
Zumba Gold	Tuesdays, 6:00 p.m.	Brunswick	\$30.00	
Zumba Gold	Wednesdays, 12:30 p.m.	Frederick	\$30.00	
Make checks payable to "Frederick County Treasurer"				